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GOOD THINGS GROW IN ONTARIO

Look for the FOODLAND ONTARIO symbol at produce displays.

EP-4-SU-230M

Ontario Apples

Sweet·Juicy·Crunchy



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


Ontario
Norman Lorne
Deputy Minister

Ministry of
Agriculture
and Food

Hon. Lorne C. Henderson
Minister

KNOW YOUR ONTARIO APPLES

Variety	Description	Use	Availability
Quinte	medium size, conic shape, scarlet blush over a yellow ground color	 	August 1-15
Jerseymac	medium size, uniform slightly conic shape, red color with a green-yellow shoulder	 	August 15-September 5
Melba	medium to small size, uniform round shape, yellow-green with a rosy red blush on one shoulder	 	August 21-September 15
Early McIntosh	medium size, flat globular shape, numerous conspicuous dots over a striped red color	 	August 25-September 15
McIntosh	medium size, irregular globular shape, red with yellow ground color on one side	 	September 15-April
Cortland	large size, flat globular shape, bright red-orange striped color	 	October-February
Red Delicious	large size, elongated, narrowing to 5 point base, deep red		October-April
Northern Spy	large size, red striped with yellow ground color	 	October-March
Empire	medium size, slightly oblong shape, dark red, striped and blushed, numerous conspicuous dots	 	October-May
Spartan	medium size, round conic shape, intensive dark red blush over faint stripes		October-January
Golden Delicious	medium size, elongated, narrowing to 5 point base, bright yellow color	 	October-January
Idared	medium to large size, round to flat round shape, bright red blush over a faint stripe and yellow-green ground color	 	December-May



—eating



—cooking



GOOD THINGS GROW IN ONTARIO

ONTARIO APPLES— THE BEST

When you say fruit, most people in Ontario think of apples and for good reason. Ontario produces some of the finest apples in the world. Most will agree that little can compare to the flavor of crisp, juicy Ontario-grown apples.

Apples are the ultimate snack—a natural convenience food. And they're good for you too. The fiber content of apples provides bulk which is essential for good digestion. Apples also contain small amounts of minerals and vitamins. Best of all, one medium apple contains only 70 calories.

AVAILABILITY

From the time harvest starts in August until the end of October, apples are sold fresh just after picking. From October to February, apples are available from cold storage facilities. For the remainder of the year most apples come from controlled atmosphere storage, where conditions have been carefully regulated to preserve the texture and flavor.

In retail stores apples are currently available in bulk for sale by the pound, in three and five pound bags, in three pound tray packs and four quart baskets.

In the near future, apples in bulk will be sold by the kilogram. Prepackaged apples will also be gradually converted to new metric sizes.

SELECTION

Most Ontario apples are graded Extra Fancy or Fancy. These are the two top grades. Occasionally Commercial or Cee grade apples are available. They are not as perfect, but are suitable for cooking and eating when size, shape or color are not important.

CARE

Sort apples before storage. Remove any bruised ones and store separately. After sorting, place apples in perforated plastic bags and store in the refrigerator crisper. Baskets of apples should be covered with perforated plastic and stored in a well ventilated place at 0°-4°C (32°-40°F).



GOOD THINGS GROW IN ONTARIO

6 GREAT APPLE DESSERTS

HEAVENLY APPLE CAKE

- | | |
|--|---------------------------|
| ¼ cup flaked coconut | 2 tablespoons sugar |
| ½ cup butter | 1 teaspoon cinnamon |
| 1 cup sugar | ¼ cup butter |
| 2 eggs | 1 cup sugar |
| 1¼ cups flour | 2 eggs |
| 2 teaspoons baking powder | 2 tablespoons flour |
| ¼ teaspoon salt | ½ teaspoon vanilla |
| 8-10 Ontario apples, peeled, cored, cut in eighths | ½ teaspoon almond extract |
| | ½ cup flaked coconut |

Sprinkle the ¼ cup coconut on sides and bottom of greased 9-inch spring form pan. Cream butter. Add sugar and eggs and beat well. Add flour, baking powder and salt. Mix well. Drop this batter into prepared pan. Spread. Stand apple wedges in circles in batter. Combine sugar and cinnamon. Sprinkle over apples. Bake 1 hour at 190°C (375°F). Remove cake from oven. Combine remaining ingredients and spread over hot cake. Continue to bake another 30 minutes. Cool in pan. Makes 8 servings.

APPLES ALMONDINE

- 8 medium Ontario apples
- 2 cups cold water
- 1 tablespoon lemon juice
- ½ cup sugar
- ½ cup butter, softened
- ⅓ cup sugar
- 3 eggs, separated
- ½ cup ground blanched almonds
- 2 teaspoons lemon juice

Peel and halve apples. Drop into solution of water, 1 tablespoon lemon juice and the ½ cup sugar. Bring quickly to the boil, stirring occasionally. Simmer gently, uncovered for 3 to 4 minutes, or until the apples are just tender. Lift apples from water. Drain well. Place apple halves cut side down in a buttered, 9-inch cake pan.

Meanwhile, cream butter until smooth. Beat in the ⅓ cup sugar, a little at a time; add the egg yolks one by one, beating well. Beat in the almonds and 2 teaspoons lemon juice.

Beat egg whites until stiff peaks form. Gently fold butter sugar mixture into the egg whites. Spread over the apples. Bake at 180°C (350°F) for 30 minutes, or until the surface is golden brown. Serve at room temperature. Makes 8 servings.

APPLE-CHEESEY CRUMBLE PIE

CRUST:

- 1 cup shredded medium Cheddar cheese
- ¼ cup shortening, softened
- 1 cup sifted all-purpose flour
- ¼ teaspoon salt
- 3 tablespoons cold water

TOPPING:

- ½ cup sifted all-purpose flour
- 2 tablespoons brown sugar
- 2 tablespoons shredded medium Cheddar cheese
- 2 tablespoons firm butter

To make crust, cream cheese and shortening together until smooth. Sift flour and salt onto creamed mixture. Using a pastry blender, cut mixture together until it resembles coarse meal. Sprinkle water evenly over, one tablespoon at a time, tossing gently with a fork. Press the mixture together into a ball. Roll out between lightly floured sheets of waxed paper. Line a 9-inch pie plate; flute edge.

To make filling, peel, core and thinly slice apples. Combine with sugar and cinnamon; place in prepared crust.

To make topping, combine flour, brown sugar and cheese. Cut butter in using a pastry blender. Sprinkle topping over apples. Bake at 190°C (375°F) for 50 to 55 minutes or until crumble topping and pastry edge are lightly browned.

APPLES N' YOGURT

- 250 mL plain Swiss-style yogurt
- 50 mL Ontario pure maple syrup
- 3-4 medium Ontario apples, cored, diced

In a bowl, combine yogurt and maple syrup. Toss in apples as soon as they're measured to prevent browning. Makes 4 to 6 servings.

APPLE PIE DELICIOUS

PASTRY:

- 500 mL all-purpose flour
- 5 mL salt
- 175 mL lard
- 60-75 mL cold water

FILLING:

- 6-8 medium Ontario apples
- 75 mL sugar
- 2 mL cinnamon
- 2 mL nutmeg
- dash salt
- 30 mL butter

To make pastry, sift flour and salt. With a pastry blender, cut in lard until mixture resembles coarse meal. Sprinkle water evenly over mixture, 15 mL at a time, tossing gently with a fork after each addition of water. When all the flour is moistened and dough almost cleans side of bowl, gather dough into a ball. Divide dough in half. Roll one crust out and fit into 22 cm (9-inch) pie plate. Set remaining dough aside.

To make filling, peel, core and slice apples thinly. Toss with mixture of sugar, cinnamon, nutmeg and salt. Spoon into pastry-lined pie plate. Dot with butter. Roll out top crust. Fold into quarters, cut vents. Place over filling and unfold. Trim and flute pastry. Bake at 230°C (450°F) for 15 minutes, and at 180°C (350°F) until apples are tender (25 to 30 minutes). Serve warm with a scoop of ice cream, or slices of Cheddar cheese.

UNBAKED APPLE PIE

- 7-8 medium Ontario apples
- 1¼ cups apple juice
- ¼ cup sugar
- ¼ cup apple juice
- 2 tablespoons cornstarch
- 1 tablespoon butter
- ½ teaspoon vanilla
- 9-inch baked pastry shell

Peel and core apples, cut into eighths. In saucepan combine 1¼ cups apple juice and sugar. Bring to boil, reduce heat to simmer. Add half of the apple wedges, simmer gently till tender but not soft (3 to 4 minutes). Turn occasionally. Lift from syrup, set aside to drain. Repeat with remaining apples.

Combine cornstarch with ¼ cup apple juice. Add to syrup. Bring to boil, stirring. Boil 1 minute. Remove from heat, add butter and vanilla. Cool 10 minutes.

Arrange apple wedges in a decorative pattern on bottom of pie shell. Drizzle part of the sauce over top. Repeat till all apples and sauce are used. Chill. Serve with cinnamon flavored whipped cream.